DBH Division of Behavioral Health

Missouri Department of Mental Health
Division of Behavioral Health

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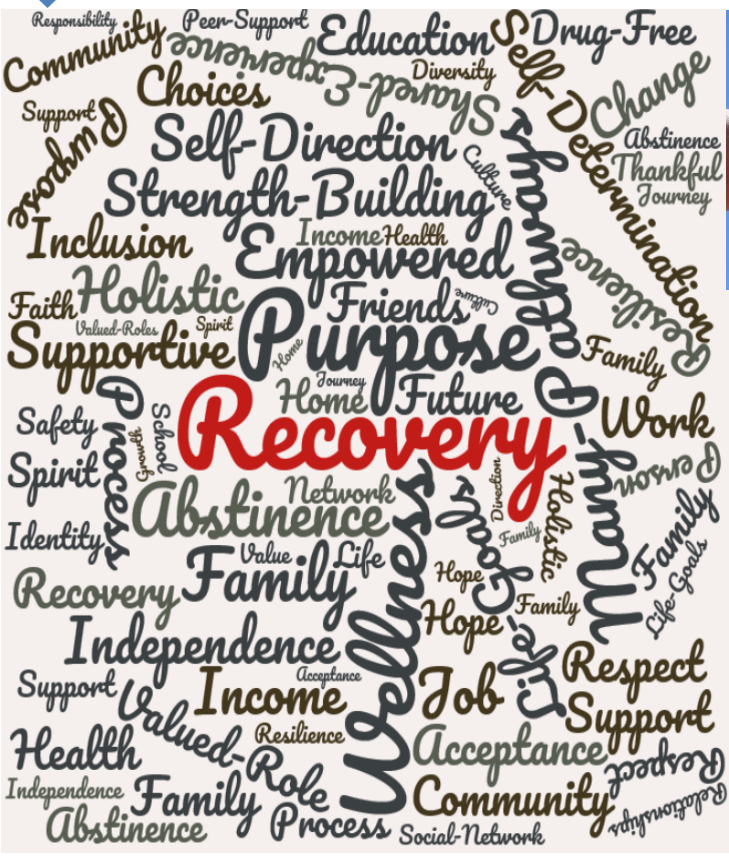
Substance Use Recovery: Building Capital

Recovery is defined as a process of going from active illness to a place of improved health and wellness. Recovery from substance use disorders is a transformative process that extends beyond just substance use. It potentially impacts all aspects of one's life including relationships, career, health, mental health, and overall well-being. Recovery supports are those relationships and experiences that allow one to initiate, maintain, and re-establish a state of recovery—free from active illness. Recovery support services can vary from peer support, recovery community centers, 12-step programs, recovery housing, work preparation, spiritual counseling, and so forth. These services may be initiated in conjunction with clinical treatment but generally extend well beyond treatment. Recovery supports take a more long-term approach as the risk of relapse remains elevated within the five years after treatment.

From Intake to 6-Month Follow-up...

- Percent employed increased from 32% to 49%
- Average monthly wages increased from $1,033 to $1,230
- Percent abstinent increased from 53% to 86%
- Percent with no new arrests was 96%



What has made recovery support programs successful?

- ✯ *Foster positive, supportive relationships with the consumer.*
- ✯ *Ensure that the consumer's recovery plan is individualized.*
- ✯ *Work with the consumer for greater active participation in the local community.*
- ✯ *Remain in contact with the consumer and provide regular "checkups."*
- ✯ *Use peers to share lived experiences of recovery.*

Since 2004, 49,420 individuals have received recovery support services through Missouri's Access to Recovery program. This includes:

- ➔ 3,368 Veterans
- ➔ 19,562 Parents with Dependent Children
- ➔ 11,913 Offenders on Parole or Probation
- ➔ 22,618 Individuals of Minority Race or Ethnicity

"I want to be a mother to my child." Kayla began recovery support services knowing that if she didn't change that she would end up incarcerated. She worked closely with her recovery coach on relapse prevention. "It's programs like this that make it possible for people like me to get well…."

For more information please contact the Division of Behavioral Health at (573)751-4942 or email: adamail@dmh.mo.gov